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“What time am I getting up, checking my sugars, I can’t go do this because I’ve got to wait here to get my sugar, I’ve got to get my food in the right way”

“What would happen if you did that activity, how would that impact on your diabetes?”

# Conceptualising diabetes self-management as an occupation

“How is it impacting their occupations, what new occupations do you need to develop in order to support managing this chronic condition in a positive way, in a way that you still feel healthy, that you feel good and that it supports your occupational identity”

Bel Youngson  
@OTBeLY

# Overview

Brief  
background  
to research

The occupational  
forms of diabetes  
self-management  
(DSM)

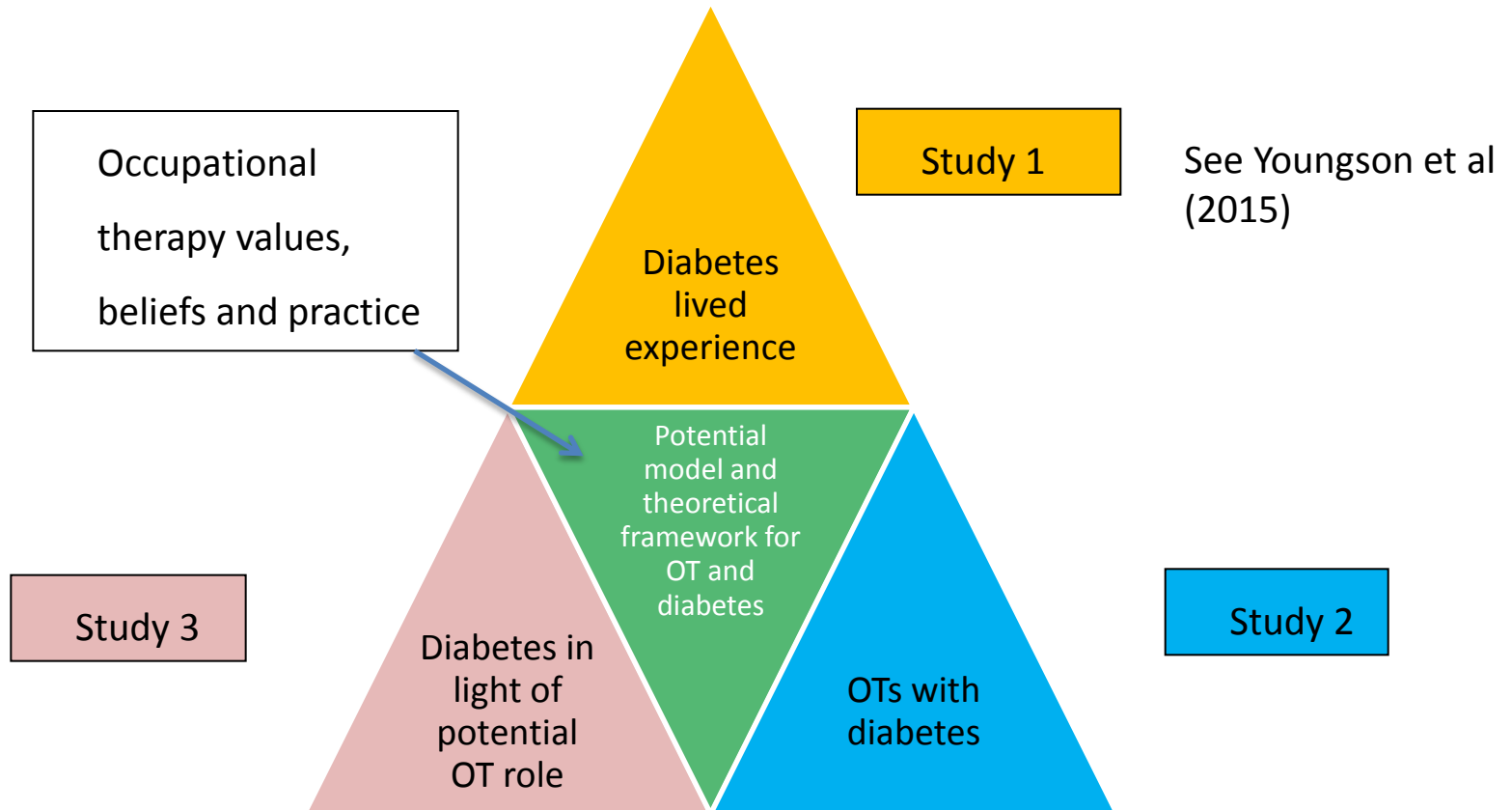
Using the Model  
of Human  
Occupation  
(MOHO) to  
illustrate one  
aspect of DSM

DSM in  
relation to  
other  
occupations

A framework  
for Occupational  
Therapy practice

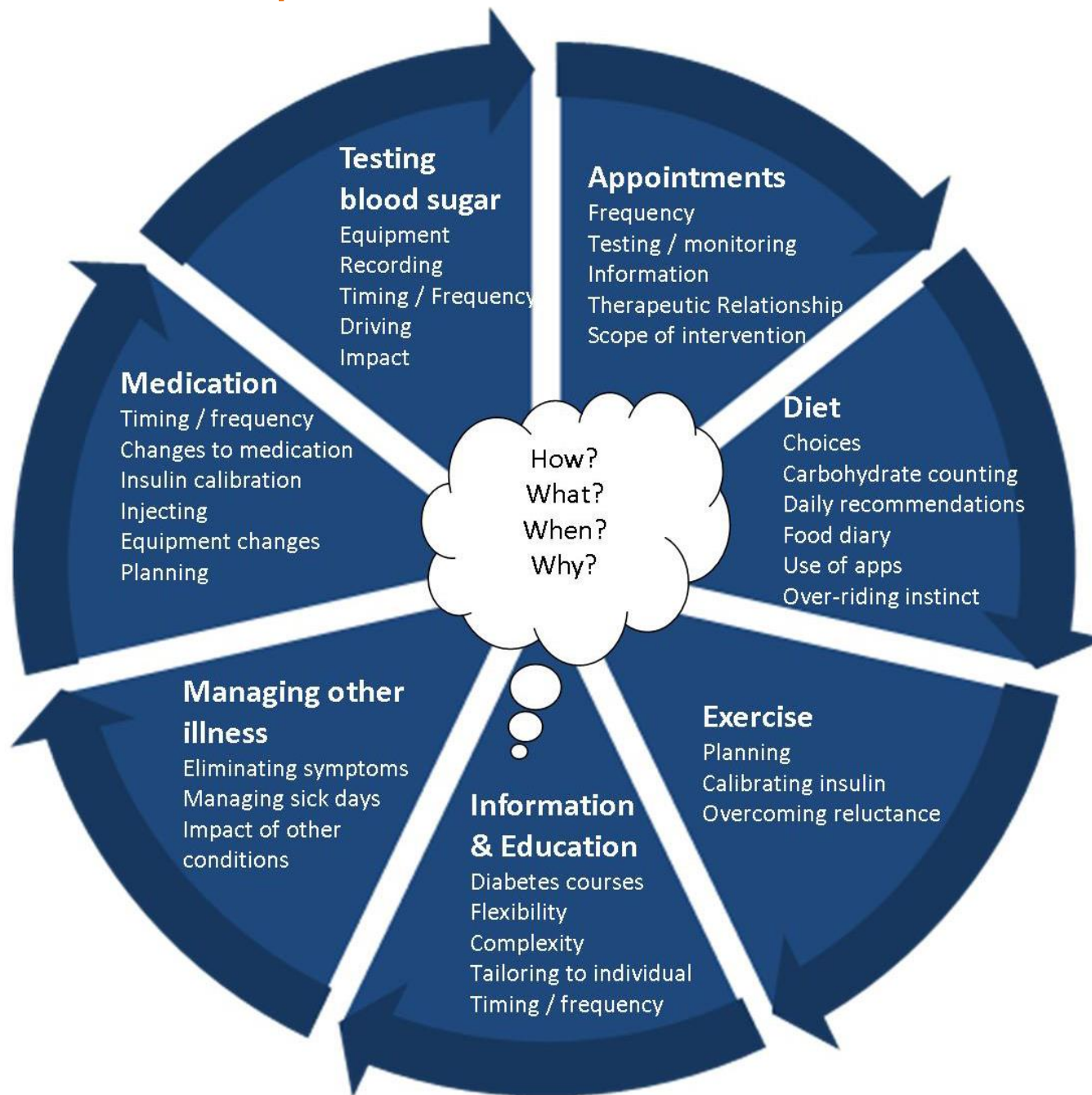
Why is this  
important?

# Brief background to research



Youngson (2016)

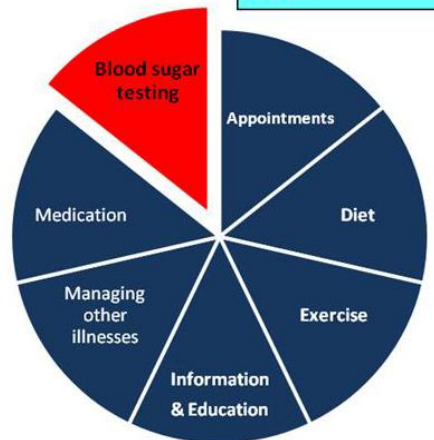
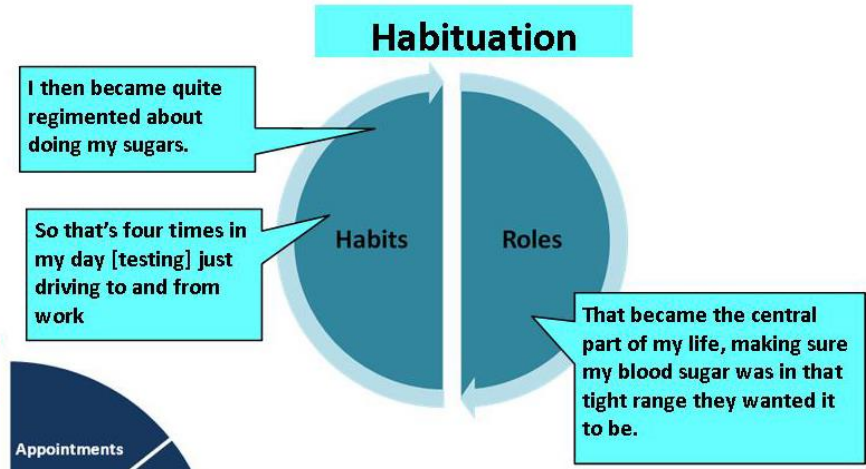
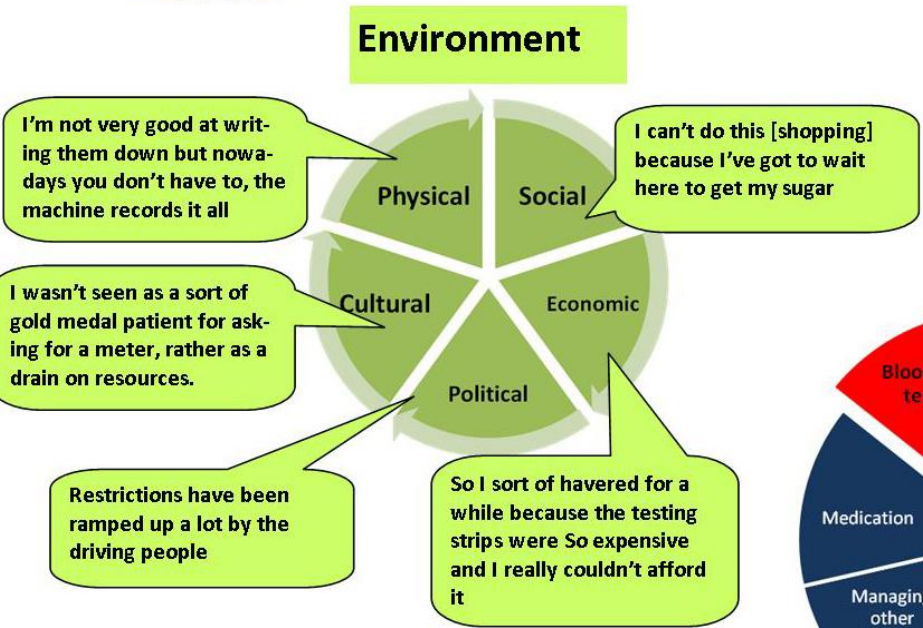
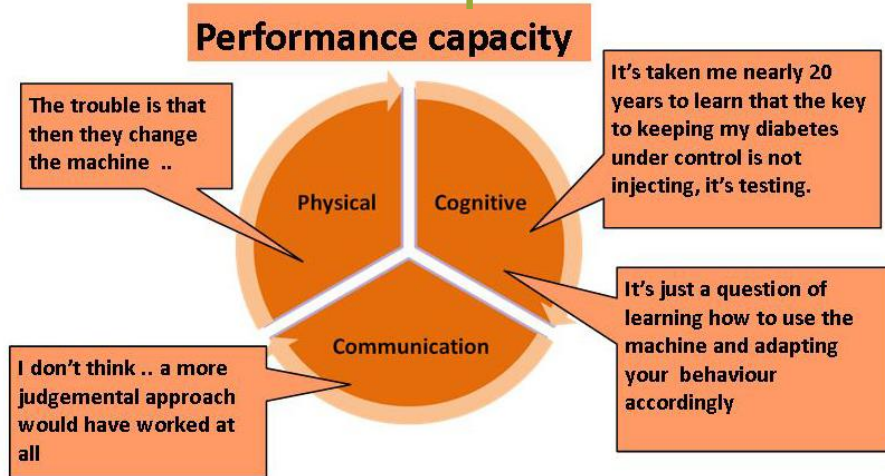
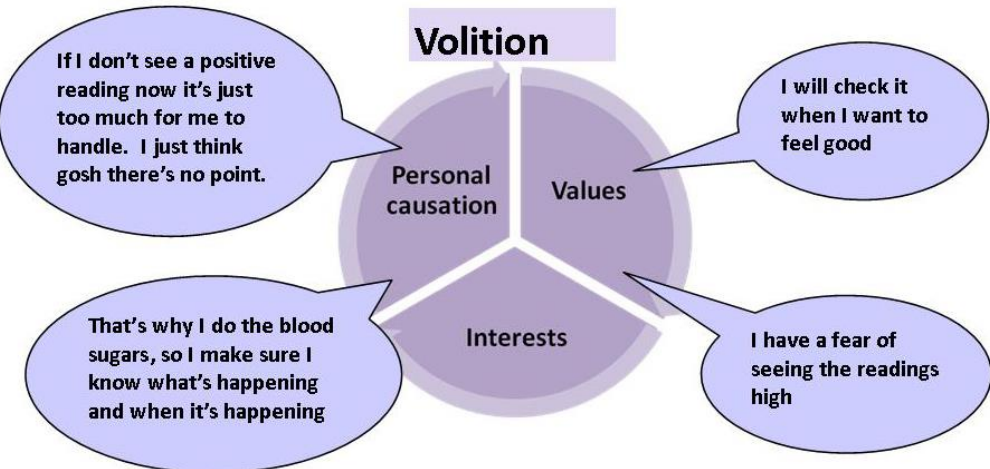
# The occupational forms of DSM



Youngson (2016)



# Using MOHO (Kielhofner 2008) to illustrate one aspect of DSM



# DSM in relation to other occupations

Youngson (2016)

## Impact of occupation on diabetes

- Work:**
- Challenges
  - Stress
  - Meal opportunities
  - Finding time for appointments
  - Travel

- Sport & Exercise:**
- Improved mood
  - Improved blood sugar control
  - Insulin calibration

- Socialising with friends:**
- Food choices
  - Gifts of food
  - Peer pressure

- Looking after family:**
- Creating stress
  - Putting self last
  - Rewarding self with food
  - Lack of time to plan
  - Competing priorities

*"If you're diabetic everything else that you need doing is affected by the fact that you're diabetic"*



## Impact of diabetes on occupation

- Driving:**
- Insurance
  - Licence renewal
  - Testing

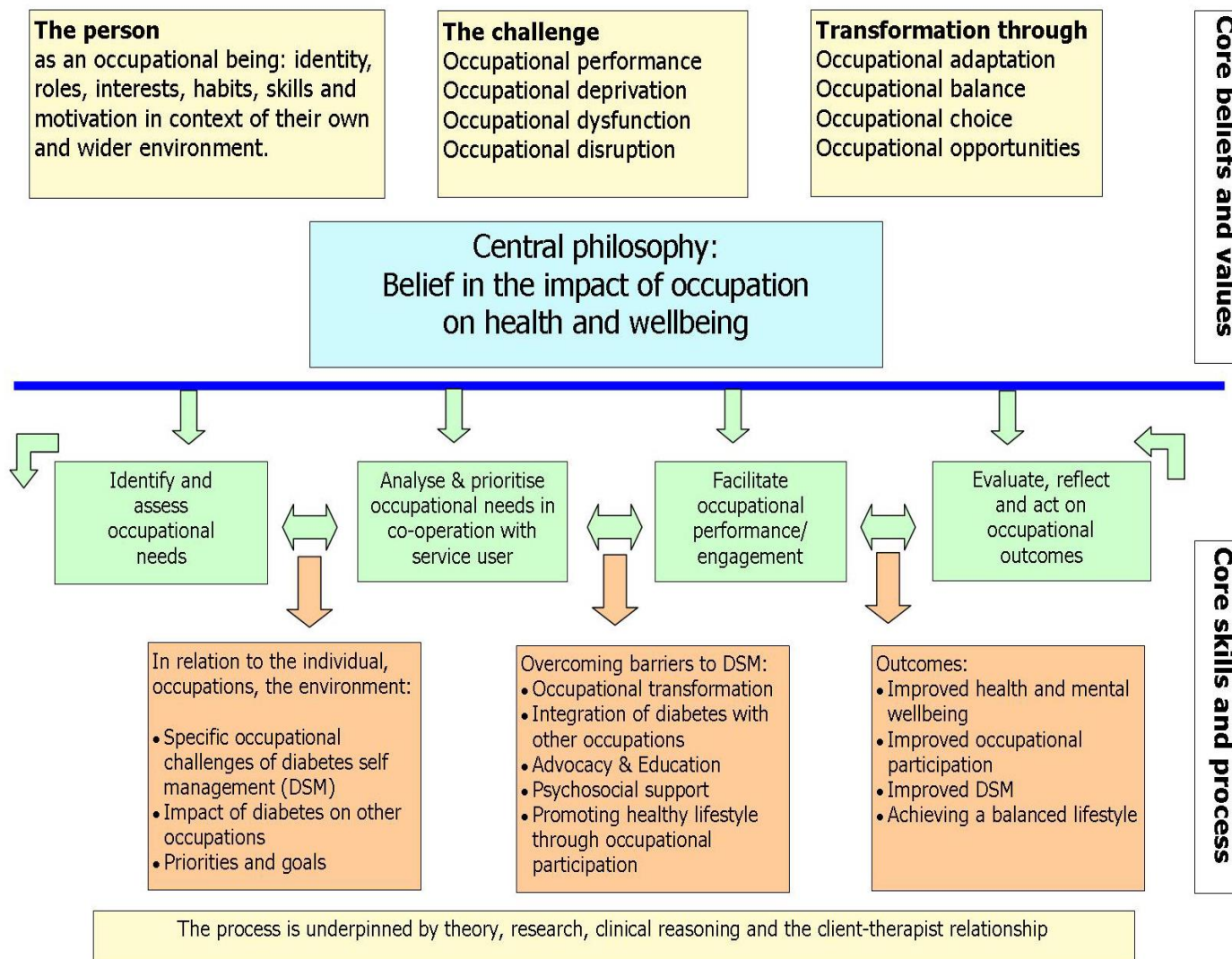
- Sport & Exercise:**
- Planning
  - Safety limits

- Food shopping:**
- Choice /Exclusion
  - Denial

- Socialising:**
- Food choices
  - Feeling nuisance
  - Avoidance
  - Spoiling others' pleasure

# A framework for practice

Youngson (2016)





# Why is this important?

Other healthcare perspectives



Occupational therapy scope of practice



**Thanks to all the participants and  
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**Professor Diane Cox**

**Fiona Cole**

**Dr Helen Wilby**



**Any questions or comments?**

Further details contact:

[annabel.youngson@cumbria.ac.uk](mailto:annabel.youngson@cumbria.ac.uk)

@OTBeY

# References

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